



MIAMI SPRINGS ADULT COMMUNITY CENTER

101 Apache Street, Miami Springs, Florida 33166

October 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Open Gym Hours Mon-Thurs. 8AM-8:50AM & 2:30-4:30PM Fridays 9AM-4PM</p>	<p>Call us for more information</p>  <p>(305) 805-5160</p>			<p>1</p> <p>Chair Yoga 9:30AM & 11AM Choral Group 10-11AM Lunch 11AM-2PM Open Gym* Pelican Playhouse begins at 1:30pm at Rebeca Sosa Theater</p>
<p>4</p> <p>Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*</p>	<p>5</p> <p>Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*</p>	<p>6</p> <p>Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*</p>	<p>7</p> <p>9-10AM Music Appreciation Bingo 10AM-11AM 10-11AM Basic Sight Reading Lunch 11AM-2PM Tai Chi 11:30AM Pet Loss Support Group 2-3PM</p>	<p>8</p> <p>Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym* NO Choral Group Today Moved to the 12th</p>
<p>11</p> <p>Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*</p> 	<p>12</p> <p>Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Choral Group 10-11AM Lunch 11AM-2PM Tai Chi 11:30AM Pink Party 1PM Open Gym*</p>	<p>13</p> <p>Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*</p>	<p>14</p> <p>9-10AM Music Appreciation 10-11AM Basic Sight Reading Lunch 11AM-2PM Tai Chi 11:30AM Open Gym*</p>	<p>15</p> <p>No Chair Yoga Today Choral Group 10-11AM Lunch 11AM-2PM Birthday & Anniversary Celebration 12pm Open Gym*</p>
<p>18</p> <p>Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*</p>	<p>19</p> <p>Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Lunch 11AM-2PM Tai Chi 11:30AM Open Gym* Raffle items on display!</p>	<p>20</p> <p>Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*</p>	<p>21</p> <p>9-10AM Music Appreciation 10-11AM Basic Sight Reading Bingo 10AM-11AM Lunch 11AM-2PM Tai Chi 11:30AM Karaoke 12PM-1PM</p>	<p>22</p> <p>Chair Yoga 9:30AM & 11AM Choral Group 10-11AM Lunch 11AM-2PM Open Gym*</p>
<p>25</p> <p>Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*</p>	<p>26</p> <p>Chair Yoga 9:30AM Only "Happy Knitting" 10am-11am Lunch 11AM-2PM Tai Chi 11:30AM Raffle items awarded 12:30PM Pink Party 1PM Open Gym*</p>	<p>27</p> <p>Chair Yoga 9:30AM & 11AM Lunch 11AM-2PM Open Gym*</p>	<p>28</p> <p>Open Gym* 9-10AM Music Appreciation 10-11AM Basic Sight Reading Tai Chi 11:30AM 12PM-2PM Halloween Costume Contest & Rep. Bryan Avila visit!</p>  	<p>29</p> <p>Chair Yoga 9:30AM & 11AM Choral Group 10-11AM Lunch 11AM-2PM Open Gym*</p>

MIAMI SPRINGS ADULT COMMUNITY CENTER

SERVICES and ACTIVITIES

Residents of Miami Springs and Virginia Gardens, age 55+ are eligible to become members of the Miami Springs Adult Community Center by filling out a few simple forms. Members participate (at no cost) in a variety of services and activities offered at our new state of the art facility.

CONGREGATE MEALS:

Hot lunch meals are served weekdays from 11:00 a.m.–2:00 p.m.

for members age 60+ to assist in maintaining a nutritionally balanced diet and to provide opportunities to engage and socialize with peers.

**Guests under 60 years of age are able to enjoy a meal for \$4.83 per meal.*

➤ HEALTH SUPPORT ACTIVITIES:

Must be registered with the Miami Springs Adult Community Center to participate in the following:

- **CHAIR YOGA**

(Instructor: Vanessa Duenas)
Mondays, Tuesdays, Wednesdays,
Fridays: 9:30am-10:30am.
Mondays, Wednesdays, Fridays:
11:00am-12:pm

**Located in the Betty Bray Fitness Room*

- **TAI CHI**

(Instructor: Judd Zisquit)
Tuesdays and Thursdays:
11:30am—12:30 p.m.

**Located in the Betty Bray Fitness Room*

- **GYM TRAINING**

(Instructor: Liliana Silva)

Gym Training classes fill up quickly so advance registration is required!

Monday- Thursday:
9:00am - 9:50am

Group Training Advanced

10:30am – 11:20am

Group Training Intermediate

12:00pm – 12:50pm

Group Chair Beginning

1:30pm – 2:20pm

Free Style All Levels

- **OPEN GYM**

(No Instructor)

Monday-Thursday:
8:00AM-8:50AM &
2:30PM-4:30PM
Friday: 9am-4pm



TRANSPORTATION:

Daily pick up and drop off utilizing the center's 18 passenger bus, is provided to members upon request.

MARK YOUR CALENDER...

**Halloween Costume Contest and
Rep. Bryan Avila Visit**

October 28th at 12PM

Cash Prizes!

1st Place: \$40

2nd Place: \$30

3rd Place: \$20



October is Breast Cancer Awareness Month and we're raising funds for breast cancer research!

Raffle is back!

Raffle items on display starting on Tues. 10/19.

\$1 for 4 tickets

Items awarded on Tues. 10/26.

 nobody fights alone

Come join the

PINK PARTY

Thrivers & Survivors

on the 2nd & 4th Tues.
of every month at 1pm.

Oct. 12 & Oct. 26

Loan Closet



The Miami Springs Adult Community Center operates a Loan Closet from which people can borrow durable wheelchairs, walkers, canes, etc. The Lending Closet is particularly useful if you are recovering at home after surgery or illness. Items can be borrowed for a period of three months. Extended borrowing periods can sometimes be accommodated, if our inventory permits. This is a free service to our community however appointments must be made to borrow, return or donate equipment.

For more information on any of the services, activities, or special programs offered please contact us at (305) 805-5160.



*Do you enjoy music?
Come join us for music classes this month!*

Every Thursday:

Music Appreciation 9am

Basic Sight Reading 10am

Every Friday:

Choral Group 10am

happy birthday

Celebrating
**OCTOBER Birthdays
& Anniversaries on
Friday, October 15th, 2021**

HAPPY Anniversary!



Thursday,
October 7th, 2021
10am-11am and

Thursday,
October 21st, 2021
10am-11am

Located in the Rebeca Sosa Dining Room

BOOK CLUB

Thursday,
October 7th, 2021
1pm-2:30pm
in the Bryan Avila Room

This month's book:

The Mystery of Mrs. Christie

Author: Marie Benedict